

Title of Exercise	Brief Description
Learning From Past Projects	Students reflect on how they've navigated past projects and assignments. Goal is to help students learn from those experiences and develop the independence necessary for a research project.
Building Project Management Skills	Students reflect on how they are currently navigating their research project.
Thinking About How to Ask Good Questions	Students reflect on how they formulate questions as well as how they generate answers. The aim is to prompt students to think about disciplinary modes of thinking and what constitutes appropriate evidence.
Thinking About How to Ask Good Research Questions	Students reflect on how they formulate questions central to their research as well as what counts as adequate evidence. The aim is to prompt students to connect disciplinary modes of thinking with research projects.
Building Resilience	Help students reflect on how they can overcome obstacles. It asks them to think back to a prior experience and draw out lessons that might help them succeed in their research projects.
Building Research Resilience	Students reflect on how they're coping with setbacks related to the research process.
Reading with a Purpose	This activity is designed to be used in conjunction with a reading assignment. The aim is to prompt students to read more intentionally and draw out lessons that might help them succeed in their research projects.
Reading for Research	Students reflect on how they're doing the reading related to their research project.
Thinking About Self-Assessment Process	Encourages students to think back on how they completed the self-assessment to consider whether it was fair and accurate.
Better Together: Teamwork and Collaboration	Asks students to reflect on how teams can function effectively as well as how they can get collaborations back on track when they run into trouble. The aim is to prompt students to think about how to have a good research team experience.
Thinking About How You Communicate	Asks students to reflect on how to effectively express their work to a disciplinary audience. The aim is to encourage students to develop clear, concise, and organized modes of communication.
Thinking About How You Communicate Across Audiences	Asks students to reflect on how they communicate with others about their research project. The aim is to prompt students to express ideas in a clear and concise manner using discipline-specific language.